

Allergen- Free Menu (Double check all ingredients!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	breakfast burrito- corn tortilla, *jennie-o turkey	*gluten free toast *sun butter/bananas	*Rice Chex *Coconut milk	breakfast burrito- corn tortilla, *jennie-o turkey sausage, salsa,	*dairy free yogurt bar toppings: oats, dried fruit	*gluten free toast *sun butter/bananas
***This menu is generalized. ALWAYS check labels to ensure absence of allergens and safety of campers	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water	Hand Fruit *Gluten Free Oatmeal Chopped Fruit/seeds water
Allergens in Yellow	Jennie-o-turkey gluten free oatmeal	allergen free bread Sunbutter gluten free oatmeal	Rice Chex coconut milk gluten free oatmeal	Jennie-o-turkey gluten free oatmeal	Coconut yogurt gluten free oatmeal	allergen free bread Sunbutter gluten free oatmeal
	Extra Meal					
	*Jennie-O Turkey Burger, *allergen free roll hot non-starchy vegetable cut fruit *salad bar Baked Chips water	grilled chicken strips brown rice with mexican seasoning (cumin, chili powder, etc) and hot non-starchy vegetable cut fruit *salad bar dessert- 100% fruit smoothies water/ juice	*Jennie-o Turkey, *Tortilla shell wrap lettuce, tomato, onion, etc hot non-starchy vegetable cut fruit *salad bar baked chips water	pork chops mashed potatoes hot non-starchy vegetable cut fruit *salad bar water/ juice	chicken tacos on corn tortilla fixings: salsa, lettuce, tomatoes, refried beans hot non-starchy vegetable cut fruit *salad bar dessert: jello with fruit water	lemon chicken *baked potato- be careful with butter cooked carrots cut fruit salad bar *dessert: popsicle water/ juice
	Jennie-o-turkey allergen-free rolls salad dressing	salad dressing	Jennie-o-turkey *needs to be a corn tortilla wrap salad dressing	salad dressing	salad dressing	butter allergen-free popsicles
	*jennie-o turkey mashed pot, made with olive oil and water hot non-starchy veggie *salad bar fresh fruit water	*jennie-o ham sandwich on* allergen free roll 1/2 baked sweet potato hot non-starchy vegetable *salad bar *warm apples with oats, cinnamon, brown sugar water	*Brown Rice and chicken stirfry Brown rice pasta lean ground beef sauce hot non-starchy vegetable *salad Bar fresh fruit water	Brown rice pasta lean ground beef sauce hot non-starchy vegetable *salad bar cut watermelon slices water	Grilled porkchop (fresh) baked potato hot non-starchy vegetable *salad bar Banana bar (sprinkles, marshmallow) water	*chicken bbq brown rice noodles with olive oil and parsley *baked beans hot non-starchy vegetable *salad bar fresh fruit water
	Jennie-o-turkey salad dressing	imitation soy sauce salad dressing	salad dressing	salad dressing	BBQ sauce Baked beans salad dressing	

Disclosure: This menu attempts to exclude the 8 major allergens (gluten, dairy, soy, egg, peanuts, tree nuts, fish, shell fish). However, products change and ingredients vary. Check all labels to ensure compliance with allergies.

ED. LON

Vegan Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***This menu is generalized. ALWAYS check labels to ensure diet adherence and safety of campers</p>	<p>*toast *peanutbutter</p> <p>oatmeal hand fruit chopped fruit/ seeds water/ soy milk</p>	<p>*dairy free yogurt bar toppings: oats, dried fruits, nuts</p> <p>oatmeal hand fruit chopped fruit/ seeds water</p>	<p>*toast with refried beans and mashed avocado</p> <p>oatmeal hand fruit chopped fruits/ seeds water/ soy milk</p>	<p>cheerios *soy milk</p> <p>oatmeal hand fruit chopped fruit/ seeds water</p>	<p>*baked oatmeal *coconut/ soy milk</p> <p>hand fruit chopped fruit/ seeds water</p>	<p>*toast peanutbutter</p> <p>oatmeal hand fruit chopped fruit/ seeds water/soy milk</p>
	<p>additional notes:</p> <p>vegan bread</p> <p>*most types of peanutbutter are vegan friendly; if allergies are a concern use sunbutter</p>	<p>dairy-free yogurt</p>	<p>vegan bread</p>	<p>soy milk</p>	<p>*can add nuts to the oatmeal for protein</p> <p>*the baked oatmeal should be okay without an egg substitue soy milk</p>	<p>vegan bread</p>
						extra meal:
	<p>bean burrito- *tortilla fixings: brown rice, avocado, salsa</p> <p>hot non-starchy vegetable *salad bar</p> <p>cut fruit water</p>	<p>quinoa salad components: quinoa, italian dressing, celery</p> <p>hot non-starchy vegetable *salad bar</p> <p>baked chips cut fruit water</p>	<p>*vegan minestrone soup</p> <p>*dinner rolls</p> <p>hot non-starchy vegetable *salad bar</p> <p>dessert: fruit and soy whipped cream cut fruit water</p>	<p>*peanutbutter and jelly sandwiches</p> <p>*dairy-free yogurt hot non-starchy vegetable</p> <p>*salad bar cut fruit water</p>	<p>rice and bean taco bowl toppings: lettuce, salsa, *tortilla chips</p> <p>hot non-starchy vegetable *salad bar</p> <p>dessert: warm apples, cinnamon, oats, brown sugar cut fruit water</p>	<p>soybean burger</p> <p>*whole wheat bun fixings: tomatos, onions, etc.</p> <p>hot non-starchy vegetable</p> <p>*salad bar fresh fruit water</p>
	<p>*corn tortillas are vegan friendly salad dressing</p>	<p>salad dressing</p>	<p>vegan minestrone soup vegan thin rolls salad dressing</p>	<p>vegan bread dairy-free yogurt salad dressing</p>	<p>*corn tortilla chips are vegan friendly salad dressing</p>	<p>vegan thin rolls salad dressing</p>
<p>taco salad- beans instead of mea fixings: lettuce, salsa, *plain- dairy free yogurt can be used instead of sour cream</p> <p>*salad bar fresh fruit applesauce water</p>	<p>veggie burger</p> <p>*hamburger roll hot non-starchy vegetable</p> <p>*salad bar fresh fruit dessert: banana bar water</p>	<p>*whole wheat pasta</p> <p>tomato sauce hot non-starchy vegetable veggie chicken pattie</p> <p>*salad bar applesauce water</p>	<p>bean chilli</p> <p>baked potato hot non-starchy vegetable</p> <p>*salad bar fresh fruit water</p>	<p>*tofu/ veggie stir fry components: brown rice, tofu, grilled veggies</p> <p>*salad bar fresh fruit dessert: fruit popsicles water</p>	<p>veggie meatballs</p> <p>*whole wheat spaghetti tomato sauce</p> <p>*salad bar fresh fruit water</p>	<p>Disclosure: This menu attempts to exclude animal products. However, products change and ingredients vary. Check all labels to ensure compliance with diet.</p> <p style="text-align: right;"><i>ES</i> ED, LON</p>
<p>plain yogurt salad dressing</p>	<p>vegan thin rolls salad dressing</p>	<p>*most pasta is vegan friendly- check label salad dressing</p>	<p>salad dressing</p>	<p>how to cook tofu salad dressing</p>	<p>*most spaghetti noodles are vegan friendly- check label salad dressing</p>	